

PAZARTESİ / MONDAY			
08:30 - 09:00	GFX Başlangıç	Free Weight	SELİN
10:00 - 10:30	Exp. Cardio H.A.T	Group Studio	SEVİNÇ
10:30 - 11:00	GFX Form	Free Weight	SEVİNÇ
12:00 - 12:30	Exp. Body Fit	Group Studio	TAŞKIN
12:40 - 13:10	Stretching	Group Studio	TAŞKIN
13:30 - 14:00	Exp. Mac Stronger	Group Studio	ŞEYMA
14:00 - 14:30	Crunch And Burn	Group Studio	BARIŞ
16:30 - 17:20	Core & Stretching	Group Studio	FİGEN
17:30 - 18:00	Crunch And Burn	Balkon	MERAL
17:45 - 18:45	Hatha Yoga	Group Studio	CAN
18:00 - 18:30	GFX Fonksiyonel	Free Weight	ABDÜL
18:30 - 19:00	ABS. Crunch	Balkon	KADİR
18:30 - 19:00	GFX Kardiyo	Free Weight	BERK
19:10 - 20:00	Pilates Studio	Balkon	FATİH
19:10 - 20:00	Cycling	Terrace	YASİN
19:30 - 20:00	Exp. Body Fit	Group Studio	KADİR
20:00 - 20:30	GFX Karın	Free Weight	YASİN
20:10 - 20:40	Crunch And Burn	Balkon	MERT

CUMA / FRIDAY			
10:30 - 11:00	Exp. Body Fit	Group Studio	BERKE
12:00 - 12:30	GFX Kardiyo	Free Weight	FATİH
12:00 - 12:30	Pilates	Group Studio	MERAL
12:30 - 13:00	ABS. Crunch	Balkon	FATİH
13:30 - 14:00	Crunch And Burn	Group Studio	SELİN
14:00 - 14:30	Exp.Stretching	Group Studio	SELİN
15:00 - 15:30	Gfx Fonksiyonel	Free Weight	AVŞİN
17:00 - 17:30	Cardio Kickbox	Group Studio	KADİR
18:00 - 18:50	Hatha Yoga	Group Studio	HÜLYA
18:30 - 19:00	Crunch And Burn	Balkon	ŞEYMA
19:00 - 19:50	Pilates Studio	Group Studio	SEVİNÇ
20:00 - 20:30	Stretching	Group Studio	EREN
21:00 - 21:30	GFX Fonksiyonel	Free Weight	YASİN

SALI / TUESDAY			
08:00 - 08:30	GFX Kardiyo	Free Weight	MURAT
08:30 - 09:00	Exp.Stretching	Group Studio	MURAT
11:00 - 11:30	ABS. Crunch	Group Studio	TAŞKIN
11:30 - 12:00	Exp. MAC Stronger	Group Studio	TAŞKIN
12:30 - 13:00	GFX Fonksiyonel	Free Weight	KADİR
12:30 - 13:00	Exp.Cardio H.A.T	Group Studio	SELİN
13:30 - 14:00	Exp. Body Fit	Group Studio	EREN
15:00 - 15:30	GFX Fonksiyonel	Free Weight	BARIŞ
16:00 - 16:30	Exp. Body Fit	Group Studio	MERAL
17:00 - 17:50	Pilates Studio	Group Studio	SEVİNÇ
17:00 - 17:30	Exp.Cycling	Terrace	BERK
17:30 - 18:00	Crunch And Burn	Balkon	BERK
18:00 - 18:50	Hatha Yoga	Terrace	DUYGU
18:30 - 19:00	Exp. Body Fit	Group Studio	AVŞİN
19:00 - 19:30	Pilates Equipment	Balkon	SEVİNÇ
19:30 - 20:20	Cycling	Terrace	MERİE
20:00 - 20:30	Crunch And Burn	Group Studio	CANBERK
20:30 - 21:00	GFX Karın	Free Weight	BERKE

CUMARTESİ/ SATURDAY			
10:00 - 10:30	Exp. Body Fit	Group Studio	CANBERK
11:00 - 11:30	Exp. Body Fit	Group Studio	MERİE
12:00 - 12:30	GFX Fonksiyonel	Free Weight	MERİE
13:10 - 14:00	Power Yoga	Group Studio	DUYGU
13:30 - 14:00	Crunch And Burn	Balkon	BERKE
14:00 - 14:30	Exp.Cycling	Terrace	BERKE
16:00 - 16:30	Exp. MAC Stronger	Group Studio	SEVİNÇ
17:00 - 17:30	GFX Form	Free Weight	ŞEYMA
18:00 - 18:30	Exp. Body Fit	Group Studio	AVŞİN
19:00 - 19:30	Crunch And Burn	Group Studio	BARIŞ

ÇARŞAMBA / WEDNESDAY			
08:00 - 08:30	GFX Karın	Free Weight	YASİN
08:30 - 09:00	Crunch And Burn	Group Studio	YASİN
11:30 - 12:00	Exp. MAC Stronger	Group Studio	MERİE
12:10 - 13:00	Pilates Studio	Group Studio	SEVİNÇ
13:00 - 13:30	GFX Fonksiyonel	Free Weight	MERT
16:00 - 16:30	Crunch And Burn	Group Studio	EREN
16:30 - 17:00	Stretching	Group Studio	EREN
17:00 - 17:30	GFX Form	Free Weight	MERAL
17:30 - 18:00	EXP. Cardio Kickbox	Group Studio	ŞEYMA
17:30 - 18:20	Pilates Ring	Balkon	MURAT
18:00 - 18:30	GFX Form	Free Weight	SELİN
18:30 - 19:00	GFX Fonksiyonel	Free Weight	EMRE
18:30 - 19:20	Zumba	Group Studio	ORİT
19:00 - 19:30	Crunch And Burn	Balkon	MERAL
19:30 - 20:00	Stretching	Balkon	SELİN
19:30 - 20:20	Cycling & Core	Terrace	YASİN
20:00 - 20:30	GFX Fonksiyonel	Free Weight	AVŞİN
20:00 - 20:30	Crunch And Burn	Balkon	FATİH

PAZAR / SUNDAY			
10:00 - 10:30	Exp. MAC Stronger	Group Studio	MERT
12:00 - 12:30	Crunch And Burn	Group Studio	EMRE
14:00 - 14:30	Exp.Body Fit	Group Studio	BERK
14:30 - 15:00	GFX Karın	Free Weight	BERK
16:00 - 16:30	Pilates	Group Studio	ABDÜL
17:00 - 17:30	GFX Karın	Free Weight	FATİH
17:30-18:20	Pilates	Group Studio	MURAT
18:30 - 19:00	Exp. Body Fit	Group Studio	CANBERK

PERŞEMBE / THURSDAY			
07:10 - 08:00	Hatha Yoga	Group Studio	CAN
08:00 - 08:30	GFX Kardiyo	Free Weight	EREN
08:30 - 09:00	Exp.Stretching	Group Studio	EREN
11:00 - 11:30	Exp.Pilates Studio	Group Studio	ABDUL
11:30 - 12:00	GFX Fonksiyonel	Free Weight	ABDUL
12:10 - 13:00	Nike Superrep	Group Studio	MERAL
13:10 - 14:00	Pilates Equipment	Group Studio	EMRE
13:30 - 14:00	Exp. MAC Stronger	Group Studio	MERİE
14:00 - 14:30	GFX 360	Free Weight	ŞEYMA
14:30-15:00	Stretching	Balkon	MURAT
16:00 - 16:30	Exp. Body Fit	Group Studio	TAŞKIN
16:30 - 17:00	Crunch And Burn	Group Studio	BARIŞ
17:30 - 18:00	GFX Fonksiyonel	Free Weight	TAŞKIN
18:00 - 18:50	Nike Superrep	Group Studio	MERT
19:10 - 20:00	Cycling	Terrace	YASİN
19:30 - 20:20	Pilates Equipment	Balkon	SELİN
20:00 - 20:30	GFX Fonksiyonel	Free Weight	BERK
20:30 - 21:00	Stretching	Balkon	KADİR

Grup derslerimiz için mobil uygulamamızdan randevu almayı unutmayınız.

MAC, ders programında değişiklik yapabilir.